

Health of Home and School.

LEAFLET NO. 11.

ISSUED BY THE STATE BOARD OF HEALTH OF MAINE

How to Stop Bleeding.

Every person should have an idea of just what to do, and how to do it quickly, if required, to stop bleeding which may result from various kinds of cuts and other injuries.

Study this leaflet carefully and remember what it teaches. It may help you to save a life sometime, perhaps your own.

Bleeding may come from an artery which has been cut or otherwise severed. If from an artery, the blood will be of a bright red color, and if the cut end of the artery is uncovered, it will flow in jets and spurts, corresponding to the beats of the heart.

Or the bleeding may come from the veins, when it will be of a dark red color and its flow will be continuous and steady.

In other injuries the bleeding comes largely from that finest network of blood vessels through which the blood finds its way from the smallest twigs of the arteries into the minutest veins which converge to form the larger veins, carrying the blood back to the heart.

Bleeding from an Artery.

If a very small artery is cut the bleeding may be stopped by applying a compress and, by means of a bandage, applying pressure to the injured parts, as will be described farther on.

If a larger artery is opened a little bit of knowledge of anatomy—where the main blood vessels run, may be required to enable a person to stop the bleeding. Sometimes deep pressure with the fingers or with the thumb placed just above the cut, that is on that side of the cut which is nearest to the heart, will control the bleeding.

But, if the cut artery is of considerable size, the only sure way of controlling the bleeding is to find some point along the course of the artery where it can be pressed between the thumb and an underlying bone.



FIG. 1

Fig. 1 shows, by the dotted line, the general course of the main artery of the arm and the point at which pressure may be made so that the artery may be compressed between the thumb and the bone of the upper arm.

There is only one point at which the flow of blood through all of the arteries of the upper limb may be controlled by pressure, that is just where, rising upward from the chest, the artery curves over the edge of the first rib. That point is just behind the collar bone, as is shown in the upper part of the cut where the thumb is exerting pressure at the proper point. In spare persons particularly it is easy, with the finger at this point, to feel the beating of the artery. Each pupil should learn it for himself so as to be ready quickly, in a case of emergency, to render help of this kind.

At the point in Fig. 2 where the hands grasp the thigh and the two thumbs make pressure upon the main artery of the leg, is one point where the circulation through the arteries of the lower limb can be controlled.

There is another point where this large artery can be more effectively compressed. It is midway between the forward point of the hip and that central point where the pelvic bones come together in front. At this point the artery rises out of the pelvic cavity and passes over what may be termed the edge of the bony basin. Here the artery may be compressed directly between the thumb and the underlying bone.

Sometimes, when a large artery is cut, the life of the patient will depend upon the coolness of comrades or bystanders and the knowledge which they have in regard to where pressure should be applied. And in such cases it may be necessary to maintain the pressure without cessation until the doctor arrives. If fingers or thumbs tire, the injured person can himself sometimes aid for a little while in maintaining pressure.

In many locations in the arm or leg the bleeding may be stopped by applying a small hard pad or compress over the artery above the cut and then tying loosely around the limb a handkerchief, so that a stick may be inserted and with that the bandage can be twisted until the pad makes hard pressure upon the artery.

In other cases where the severed artery is small the pad may be placed directly over the wound and a roller bandage applied as is taught in Leaflet No. 10, thus exerting pressure directly over the lips of the wound.

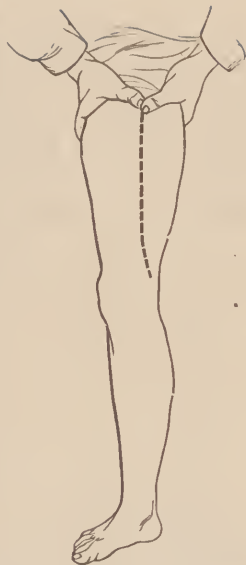


FIG. 2

Bleeding from Veins.

When the bleeding comes from veins there is usually not so much difficulty in checking it. Generally the best way to do, until the doctor arrives, is to apply a compress or pad as is described in Leaflet No. 10, and by means of a roller bandage bring pressure upon the surface from which the blood is flowing.

When the bleeding is slight all that is required to check it is the exposure of the cut surface to the air.

Bleeding from the Lungs.

Bleeding from the lungs may be slight and consist simply in the streaking of the matter which is coughed up, or it may be copious and alarming. In the treatment, quietude of mind and body should be the rule. The patient may be reassured by telling him the truth that generally there is but little immediate danger.

The affected person should recline quietly with the chest somewhat raised. He should abstain from talking. He should not, under any consideration, be hurried or carried to the doctor's office, but if medical aid is available it should come to him.

Bleeding which comes from the air passages almost always indicates the presence or the beginning of tuberculosis of the lungs and its occurrence is often a fortunate event by calling the attention of the patient and the attending physician to the probability that a tuberculous infection is present.

Nosebleed.

Bleeding from the nose usually ceases after but little delay; but if it is profuse or threatens to continue long, treatment should be begun.

The head should be held as high as possible. Sometimes pinching the nostrils with the thumb and finger suffices, exerting pressure for some time until clots form at the point of bleeding. The clots should not be blown out or otherwise disturbed, uncomfortable though they may feel.

Another suggestion often made is to raise the arm on that side from which the bleeding comes. Other expedients are the hot bath for the feet and legs, and the application of very cold water to the nose and lower part of the forehead.

Keep this leaflet for future use.